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Popular event will return

Hike Haliburton will take place in a 'Light' format in September. See page 2.

'Music is an outlet'

Haliburton-formed band The Bones of Jim Jones reflects on the release of their debut album. See page 3.

A new community

Local cyclists discuss online virtual riding programs and the benefits they bring. See page 4.

A DRIVE-BY CELEBRATION

Residents of the Silver Beach community off of Wigamog Road were joined by representatives from the Haliburton & District Lions Club on Friday, April 16 in a drive-by 85th birthday celebration for Helen Mykytuk. Participants dropped off flowers, cards and homemade signs to celebrate the occasion. /PHOTOS BY MIKE BAKER

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Haliburton County resident named president of Forests Ontario

MIKE BAKER
Local Journalism Initiative Reporter

Haliburton County resident Malcolm Cockwell is the new president and board chair of Forests Ontario. /SUBMITTED PHOTO

Malcolm Cockwell, managing director of the Haliburton Forest, was last week named the new president of Forests Ontario.

Forests Ontario is a not-for-profit charity dedicated to re-greening the province through the support of tree planting, forest restoration, stewardship, education and awareness. The organization is responsible for promoting Canada's greatest natural resource – its forests.

Cockwell assumes the role after previous president, Steve Hounsell, vacated the position.

"I am very excited to be moving into this role," Cockwell said. "Forests Ontario performs critical work as the voice of our forests, and this work is more important now than ever before. I look forward to supporting the dedicated, talented staff at Forests Ontario over the coming years as president and board chair."

As managing director of Haliburton Forest, Cockwell oversees a diverse suite of land-based operations, including an integrated forest products division, and the tourism and recreation division. He is also a registered professional forester, and is the Haliburton Forest's representative at the Ontario Forest Industries Association.

Haliburton Forest is a multi-use private land stewardship company responsible for more than 100,000 acres of land in central Ontario.

Cockwell, who holds a bachelor of science in forestry from the University of Toronto and is a PhD candidate at the same institution's Faculty of Forestry, isn't the only new addition to the Forests Ontario executive – Christine Leduc, woodlands operations supervisor at EACOM's Timmins sawmill, has taken on the role of vice president.

Hike Haliburton 'Light' to proceed in September

CHAD INGRAM
County Life Staff

The County of Haliburton plans to host a scaled-down version of the Hike Haliburton Festival this fall.

County councillors discussed options for a festival this year during an April 14 meeting. Last year, the popular event, which includes a series of guided hikes throughout the county each September, was cancelled by council amid the COVID-19 pandemic.

During the meeting, tourism director Amanda Virtanen presented council with three options regarding a festival this fall.

One was to host the full-scale festival, complete with marketing and a printed program. Virtanen said it would entail extra costs because of sanitization requirements, the need for personal protective equipment, etc. With dozens of people per hike, Virtanen also said there could be logistical issues with maintaining physical distancing.

"If social distancing is still in place in September, we would have hikers spread up to 200 feet," she said.

While hosting the festival typically involves seeking sponsorships from businesses, with the pandemic walloping the tourism industry, Virtanen said no sponsorships would be sought, but added some local businesses have still volunteered to provide sponsorships.

The cancellation of last year's festival meant that $37,500 that had been budgeted for in the county's expenses was moved into a reserve.

The second option was a scaled-down version of the festival, which Virtanen said she was calling Hike Haliburton "Light," which would include fewer hikes with fewer spaces on each hike, and less advertising and promotional material.

"The options would allow us to control regulations," she said, adding a smaller event would also be easier to cancel, should the dynamics of the pandemic mean the event would need to be halted.

The third option was the outright cancellation of the festival.

"I must say the first time I read this, I thought, let's cancel it," said Dysart et al Deputy Mayor Pat Kennedy. However, Kennedy said he feared cancelling the event two years in a row would interrupt its momentum, adding he ultimately supported the idea of a smaller festival, which he noted would be easier to cancel if required.

"It's more nimble," he said.

The bulk of councillors agreed.

"I'd hate to see just cancelling it," said Minden Hills Deputy Mayor Lisa Schell, noting the festival was five months away and that with COVID-19 vaccinations underway across the province, hopefully it would be able to proceed.

"The ability to cancel has got to be understood," said Algonquin Highlands Deputy Mayor and County Warden Liz Danielsen.

The festival is scheduled to take place Sept. 16 through 19.

Band reflecting on latest album, eyeing next project

DARREN LUM

County Life Staff

The Bones of Jim Jones band includes Cam Espina, Braeden Sharp, Lane Brohm and Seamus Lynch, who reflect on their album *The Mess We Made* released several months ago and their journey. The band is working on their next album *Mad Dogs and Bed Bugs* and look forward to being able to tour and live abroad./DARREN LUM Staff

Like the rugged terrain of the Highlands, the album *The Mess We Made* is a raw expression of local experimental punk band, The Bones of Jim Jones.

Drawing on a period of life fraught with difficulties that can come with growing up in a small town, there is a pain and honesty that reverberates powerfully throughout the 10-song album, heard in the lyrics, the pace and power behind each song.

The four-piece band includes vocalist and lyricist Seamus Lynch, bassist and guitarist Cam Espina, guitarist Lane Brohm and drummer Braeden Sharp.

They are not only connected through their friendship, but also their shared and sometimes troubled experience growing up in a rural community.

The recent Haliburton Highlands Secondary School graduates reflected on their album, produced at a professional music studio in Montreal last summer, and released on Halloween of last year.

Lynch said the album was years in the making, drawing on the lives they have lived.

It's a raw expression of the emotions they felt during their coming-of-age period at school, whether it was with the loss of a friend to suicide, dealing with drug abuse, or the social challenges related to not fitting in with the mainstream crowd.

"I guess the sound is like raw, unfiltered, you know, at times very angry, but also, freeing, aggressive," Lynch said. "It was just whatever we were feeling in that moment in that period where we're talking about in a song. That period of life is kind of like the emotion we were feeling inside, and being able to portray that into a microphone, and into vocals and on drums, guitar and bass. It's kind of just this unfiltered raw whatever came out, came out. It was just a very therapeutic way of helping with a lot of struggles during adolescence."

The base of the band formed when its members were in Grade 7, its first incarnation called Turn on the Dark.

It included Brohm, Sharp and Lynch. Although there were a few years when Lynch left, needing to work through personal challenges, he eventually returned to play music with his friends, who had continued to meet regularly to play.

Lynch had been writing poetry and short stories during his absence, but he was missing something creatively. He said he had an epiphany and knew he needed to get back to music, and it led to him rejoining Sharp and Brohm as The Bones of Jim Jones. The band worked toward playing a gig held at the Youth Hub in Haliburton, where everything changed.

"That was the first time anybody really saw that side of me," Lynch said. "I was pretty vulnerable on stage. Just how much energy and like sweat and anger and stuff like that, we put out on stage. I don't think people really expected it a lot."

Espina saw Lynch perform and at the after-party offered his bass playing skills, Lynch admitting he was too scared to ask his talented friend to join.

Lynch said the name of the band and some of the themes of the album are related to the feeling of being stuck in a place, which isn't a commentary about Haliburton County, but has more to do with their experience.

"We feel sometimes, as youth in this community and during these times and ... we feel sometimes we see the elements of being in a cult," he said. "Kind of feeling stuck without resources and people kind of get caught and stuck in and don't see an out. [This album is about a] guy named Wallace who's stuck in a cult and kind of breaking free from that, and going and living his own life away from the cult. That's kind of a metaphor for the small town mindset and breaking away from that."

To make the album, the band lived together for close to 12 days, without any huge issues, Sharp said. There's a level of acceptance among the group. Lynch said the band is unique for how they are all friends outside of music, with established friendships going back more than a decade. It's enabled a strong connection between

see page 4

My clients and I have decided to delay the start date of the listings below until after the current "Lockdown". We do not wish to create a situation that encourages buyers to travel at this time. Please feel free to contact me for more details on any of these listings.

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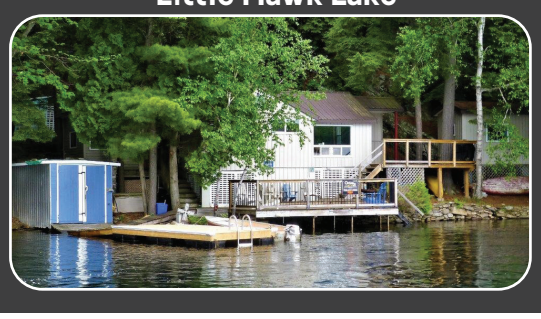

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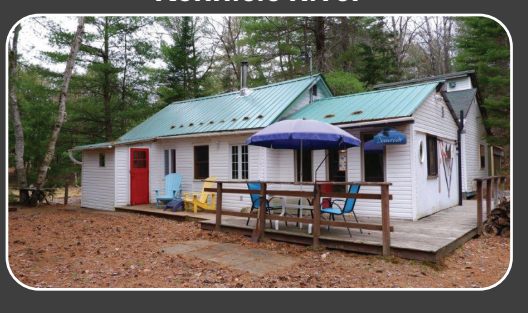

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Getting the virtual wheels rolling to create a fitter you

DARREN LUM
County Life Staff

There's no denying the strangeness of the year with the pandemic's lockdowns and restrictions on public gatherings around the world.

The Highlands wasn't immune to this reality and up until several weeks ago the winter weather was an additional challenge for locals who don't Nordic ski or can't get out during the daylight hours.

Some found online communities facilitated by the likes of Peloton and Zwift handy, taking advantage of virtual fitness opportunities that can bring real results. Both companies are well-known and heavily marketed to their targeted potential customers.

Peloton, who sells specific hardware from stationary bikes to treadmills to complement the online on-demand sessions is aimed towards the fitness studio crowd, while Zwift is aimed at the cyclist interested in racking up the miles and cranking out the watts – though the customer base is expanding.

Haliburton's Kayla Gardiner said she's been happy with her experience using the stationary bike her mother found in Toronto in concert with the app, but knows some of her friends have seen some real gains while using the Peloton-specific equipment.

"I know most of my friends that have the bikes would say, no!" she wrote about whether she was satisfied not using the Peloton bike. "Most have said throughout the pandemic that the bike has quite literally saved them mentally as an escape from kids, work and stress. I use it as a motivator and it's a really positive way to enhance your day."

She recognizes the friends who own and use the bike have benefited greatly because of the ability to track cadence and resistance to adhere to the classes' instructors more closely.

"And these are the two numbers throughout the rides you need to watch. For a non-Peloton and regular exercise bike, I just eyeball the instructor speed and go at the pace I'm comfortable with and then match my resistance. This has worked for me but may be frustrating for some," she wrote.

Peloton is massive right now.

As of last month, the Peloton is at 1.67 million fitness subscribers and there are 4.4 million members with an account on the platform as of Dec. 31, 2020, which includes 35 instructors. It started with the sale of their exercise bike and on-demand classes in 2014. There is an access membership fee. The firm's first quarterly revenue in 2021 revenue is $1.06 billion. During the last year, Peloton's quarterly revenue has grown by 102.97 per cent, up from $466.3 million.

From the website, a bike will set you back at least $2,495, which includes a 30-day home trial.

Gardiner, who pays close to $20 a month, started taking the classes in March 2020 based on the recommendations of friends.

There is a great energy felt with each

see page 7

'We just like making music' says Haliburton-formed alternate rock band

from page 3

the members, who can speak their minds without worry of conflict.

The current album is available for sale online (iTunes, Amazon, Spotify), and locally at Russell Red Records and on a website the band plans to launch soon.

The band has also collaborated with other creative young people in the area when it came to their music videos, which were produced by HHSS alumni Rowan Tofflemire and Abe Churko.

Much of the band's sound comes from a love for American singer/songwriter Tom Waits and his distinctive sound, said Lynch.

"I feel like a lot of that experimentation in our sound and versatility and kind of giving a voice more to the underbelly of society and outcasts and stuff like that comes from a lot of inspiration from Tom Waits and the White Stripes," he said.

Lynch, who has listened to Waits his whole life, introduced the rest of the band to the well-known artist. They all fell in love with the sound, particularly bassist Espina.

Espina, a 2018 HHSS graduate, said the process of creating the album, working in the recording studio and then releasing the album, was a childhood dream come true.

"It's like, I don't know, finally having something behind your name ... it just means a lot," he said.

He adds the album took a lot of pain they all had and turned it into an unforgettable highlight.

"The fact we can listen back on it and it will bring the little memories and stuff," Espina said. "That recording process was one of the best weeks in all our lives."

Brohm, the guitarist, said he sees this album as a "stepping stone."

He'll never forget what happened during the recording of the song, War Boy, while in Montreal.

"In the hallway with the mic on the floor and we're stomping around and then some other guys that were recording in the next studio over also came over and stomped with us as they were walking to their studio," he said.

It was an example of the spontaneous experimentation that occurred while making the album.

Espina said how the album came to be was somewhat serendipitous.

"We had extra time and our drummer, Braeden was supposed to go to school, but [he] didn't end up going to school and we're like, 'Let's do this.' " he said.

Half the songs were written two years before and the balance of the song list was completed in the summer. There's something powerful that comes with being able to channel all the pain and emotion into a tangible thing, Lynch said.

"It's a physical copy of your emotions," he said. "As I said, raw energy. And then other people are affected by it. I have had lots of people hit me up on the band's account on Instagram, saying like, your music has helped me out through this rough time in life, and it's really what I needed to hear right now. Thank you so much. Just being able to hear that and how it's affected other people ... it's truly magical."

None of this would have happened had Sharp not started playing drums in Grade 7.

He remembers how a teacher that year gifted him a drum kit, which was destined for the landfill.

"Me and Lane started to get together and hanging out at my house and playing music," he said. "It just kind of never stopped."

As the percussionist, he acknowledges the benefit of being able to hit things for therapy.

"Something that takes a lot of focus and a lot of energy. It's a good thing to [use] to get away from everything else that would take up that energy," he said.

Lynch's message to listeners is to be true to yourself.

"If you're different and you don't fit in that box at school, be yourself and stick strong to it," he said. "Always stay true to yourself and don't conform because I feel like a lot of people, who like guitar, or like art, but they don't see it as something they can pursue it as a career and make money off it. They think they need to go to school and get a doctorate. I think if you have that strong talent and that passion – passion is the most [important] and talent will come with practice. If you have that passion and keep going on it and don't stop, and don't let people tear you down for being different, stop you and make you question [yourself]," he said. "Kids beat me up in school, man, just for being different and stuff like that."

The near future will include a move to Montreal where there is a strong arts atmosphere and will be convenient for travel for everyone, with Braeden studying music engineering in Ottawa this coming year.

The band has been busy working on their next album *Mad Dogs and Bed Bugs*, which will be more of a "DIY" effort than the first album, which required an investment of several thousands of dollars. The band will do all the work and welcome the opportunity to grow musically and use what they learned from the first experience.

The album needs to be done before Braeden goes to school in September, Lynch said. Possibly in August and with a launch on Spotify, iTunes, which could include a vinyl release if sales warrant.

After that it's all about getting out into the world and showing what they can do.

"We're just eager to play live shows," Lynch said. "We want to get out there and play clubs and venues and really to just get out there and experience it all. Like I said, it's all been put on the backburner. Just keep working on music. Keep just grinding. Success would be cool and it would be amazing, but this just feels right for us. It has nothing to do ... we're not making music to be one day, hopefully, be rock stars. It just comes out of us. We just like making music. If we're able to release it, and people enjoy it, then that's a bonus."

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Spring stretch

Before the provincial restrictions for gatherings, Juilie Barban of the Heritage Ballet led a group of participants in an exercise class blending walking and Pilates she called "walkilates" in Haliburton. Barban has been leading her clients in community spaces when available. The group exercised for close to an hour engaging in a series of three brisk periods of walking, standing Pilates exercises and finished with a couple more exercises and stretches to round out the class. /DARREN LUM Staff

Community Events

Friends of the Haliburton County Public Library

Our first virtual Friends Cafe featuring
local author Marie Gage
When: Wednesday, Apr. 28, at 1 p.m.
Where: Register today at http://bit.ly/Friends-Café-with-Marie-Gage
Format: There will be a 20 to 30 minute author presentation followed by a short Q & A. This is a free event but donations, in support of our library system, will be gratefully accepted during the program.
If you have any event questions, please contact Rozanne Hynard at 705-286-1071
For registration assistance, please contact Jennifer Hughey at 705-854-1205

Environment Haliburton! Enviro-Cafe

When: Tuesday, May 11, 7:30 p.m.
Where: via zoom: please go to www.environmenthaliburton.org to register
What: Presentation: "My Shoreline, Our Lake" which will talk about how the health of our lakes is multifaceted.
Cost: By donation
Info: Susan Hay, 705-457-9239

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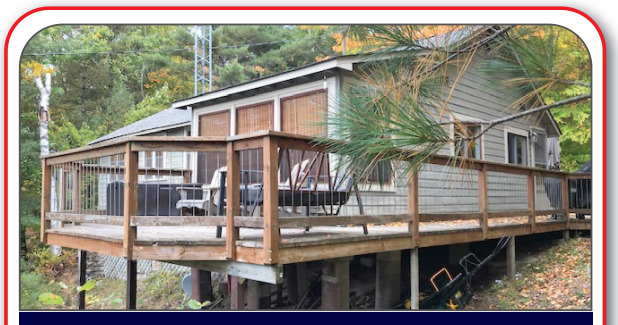

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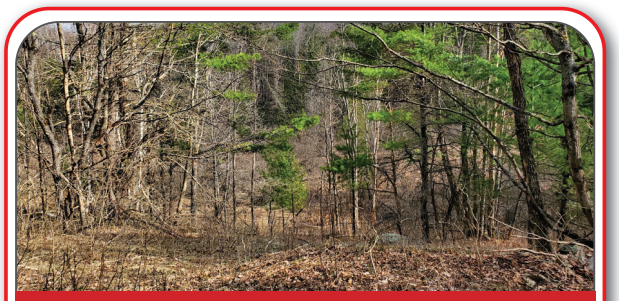

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Send your letters to the editor to mike@haliburtonpress.com. Letters must be signed and include a phone number.

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Were Vikings here?

MICHAEL BARNES
Special to *County Life*

MANY YEARS ago Viking marauders sacked and pillaged their way across Europe. These Norsemen also came to Iceland and Greenland. Their only settlement established in North America was found in Newfoundland.

But an astonishing body of evidence points to occupation on the mainland itself. The men of the long ships may have been familiar with our bush country.

A wide range of artifacts were discovered in an arc around the Great Lakes in the first three decades of this century. All were found independently by people from various walks of life.

James Curran, the scholarly editor of the *Sault Daily Star*, became so interested in these Viking connections that he published a series of articles on the apparent evidence left behind by these Norse visitors. These stories were printed in 1938 and excited interest across the continent. Curiously few discoveries have been made of belongings left behind by the rugged adventurers since that period.

Surviving Norse sagas, the histories of accounts of voyages to the new world, cover the period from about 1000 to 1350.. Historians conclude that the daring travellers went down the St. Lawrence River and even spent time in Northern Quebec.

The accounts are vague about the exact locations but one area was Vineland, known for lush vegetation, and there were other places described as rocky or well wooded. Actually the Vikings were likely the first European loggers because they cut wood and carried it back to Greenland for building purposes.

Some authorities believe the blond, blue-eyed adventurers entered Ontario via James and Hudson Bays. They could well have travelled down the Moose or other rivers and found their way to the Great Lakes.

The Cree have words in their language for oak, yet the tree does not exist in their areas or around the great bays. The Vikings built their long ships of oak. Long before the French and English traders came from the north, the native people had words for wooden boat men or men driven ashore in boats.

Countless accounts exist of natives on the bays who had white skin. While they spoke Cree and followed all native customs, they did not appear as their northern counterparts in appearance.

The first account of Nordic relics in Ontario surfaced at Beardmore, north of Superior. A prospector named Dodds was working his claims when he found a sword in two pieces, an axe head, shield handle and pieces of a shield. These items enjoyed a place of honour on display at the Royal Ontario Museum for many years. Much later the 'find' was discredited. The specimens were real but brought here by the 'finder'.

Another treasure trove has included a hammer head axe found at Batchawana Island, and a spear found just north of Sault St. Marie. Items like fire steel, axes and other tools have been found in various northern states. Stones with mysterious writing called runes have been discovered in several places.

All of these discoveries were not without controversy. For each host of believers in the finds which are alleged to be up to a thousand years old, there are a similar number of detractors.

Some say the items were brought from Europe. Some were of the opinion that the finds were downright fakes. Still others speculate that the artifacts were wrongly identified and that they originated from other time periods. Certainly discoveries were made long before the Norse settlements in Newfoundland.

Many of the relics found in the vicinity of the Great Lakes were discovered by ordinary people who knew nothing of the Vikings or had no idea how to fake such found relics.

One thing is certain. Ontario remains a huge slice real estate and has many areas still unexplored. Maybe there are still Scandinavian treasures still to be found and shed light on the Vikings.

Michael Barnes lives in Minden and can be reached at michaelbarnes53@hotmail.com

Top 10 reasons why I prefer books over computers

I KEEP HEARING people tell me that print is dead, but it sure seems alive and well to me. In fact, if I were to choose between online writing and the writing in print, it would be no contest at all. Here are my top 10 reasons why.

STEVE GALEA
Humour Columnist

1. Combine a book with a good pair of horn-rimmed glasses and you look at least 10 IQ points smarter.
2. Books never run out of power or get viruses.
3. Just try killing a wasp with a laptop.
4. Without books the bookmark industry would be sunk.
5. No one cares about your Kale Blog!
6. You can judge a computer by its cover.
7. Try drawing moustaches on photos of famous people on your computer screen.
8. You can't hollow out a computer and hide a dueling pistol.
9. Sentimental attachment to the Dewey Decimal System,.
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Winner, Winner, Manicure Before Dinner

The winner of the BIA's Bounce In And Win contest Kori Roberts (right) accepts her $100 gift card from Wind In The Willows Spa owner Sylvia Holland. Kori can't wait to visit the spa when the current lockdown restrictions are lifted. Thank you to everyone who participated in the contest. Due to the recent provincial announcement, the promotion has come to an end. / Submitted by Angelica Ingram

Skylights

There's no music from the birds who sing the sunset down
They too pause their bedtime prep to gaze big-eyed due north
Child returning rake to barn beholds what seems like crown
Yellow streaming ribbon-light, horizon now puts forth

Boy knows not to whistle, so he shouts to dad instead
Mum might love this more, but she is painting in her room
No disturbance, save for dire emergency could shed
Reverie she enters when a canvas she'll assume

Dad has finished singing to his youngest son for now
Crib with cotton Piglet quilt is tucked for slumber safe
When sweet dreams establish, papa tiptoes anyhow
Outdoors where his oldest waits alone like Dickens waif

Finding boy illuminated by electric sky
Greenish-purple shock and awe, thin face upturned and wide
Father takes son's chilly hand and also turns an eye
Towards that dancing curtain hitting both of them broadside

Just before it vanishes, like tide devours sand
Ordinary night returns with father/son sublime:
Constellations, planets still to name and understand
'Mum would love this', both agree, 'but it stays ours this time

Deborah J. Reed

'It's nice to see riders all over the world coming together'

from page 4

session and it comes from the interactions and the different class format, set to a variety of music playlists.

"The instructor is always pushing you to see your best self, and really puts some great messages into the rides. The community, because you hype your friends up and they do the same to you and the online community it's nice to see riders all over the world coming together for a simple fun playlists," she wrote.

From the scrolling leaderboards, which are posted along the side of the screen during a session, she has seen a diverse mix of people, whether it was single mothers, doctors, teenagers to grandparents.

Gardiner, who works during the day and in the evening, said she'll split her days up with a ride close to lunch time while she's working at home and pick her ride sessions based on the music playlist. Sometimes when her ride in the day time wasn't enough she'll do another in the evening.

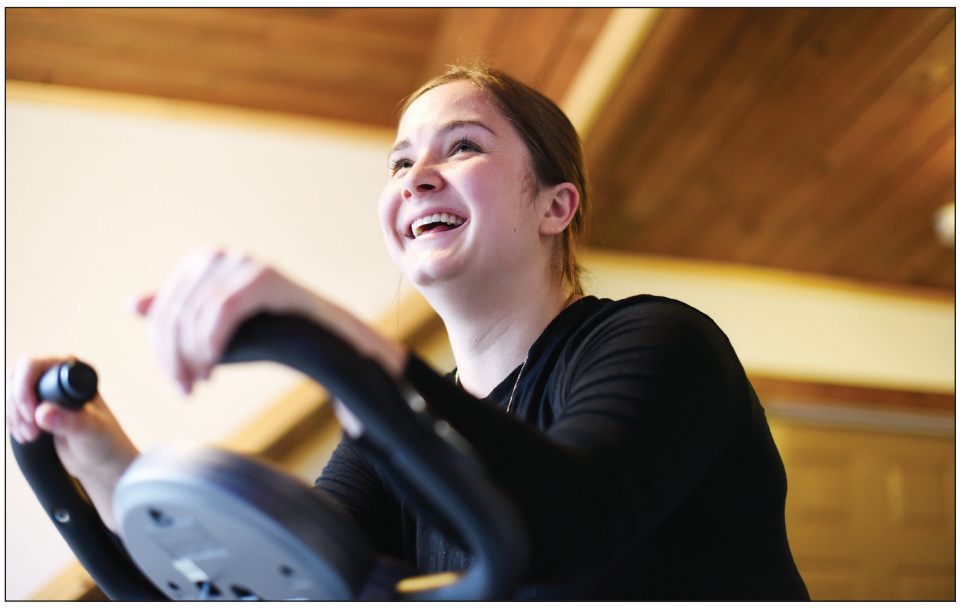
A session can be anywhere from 10 minutes to two hours, which can be low or high intensity, depending on what you want.

Gardiner points out a 15-minute session doesn't seem like much, but it still benefits her.

"I still feel great because I can say I at least I moved my body today," she wrote.

The sessions include strength, yoga, meditation, cardio, stretching, cycling, outdoor running, walking, tread boot camp, and bike boot camp

The 2013 HHSS graduate said she was very active in athletics, including dance, up to four nights a week during her teenage years. But then she went to Guelph



Haliburton's Kayla Gardiner has enjoyed her Peloton sessions, believing they have helped her with her physical and mental health during the winter and the related pandemic shutdowns to in-person exercise options. Gardiner said many of her friends, who motivated her to join the Peloton community, have experienced life-changing results. /DARREN LUM Staff

University and although she was active with cheerleading and competitive dance, she noticed a drop.

"For two years and within my years leaving high school and definitely in my later years, I fell off the fitness wagon with the lifestyle of a 'freshman,'" she wrote.

Before lockdowns, Gardiner took indoor spin, yoga and dance classes in the area.

Peloton has been good, but it hasn't displaced all sports for Gardiner, who welcomes a return to a time when she can play a sport with others outside.

"Yes, I still like to do it for the social setting with friends, I plan on hopefully joining some sports again if they run like soccer and basketball for pickup games," she wrote.

She adds her experience with Peloton isn't making her a cyclist. She does look forward to in-person classes related to yoga and dance, which offer social interactions.

"They definitely fill the gaps and for certain classes I like the virtual style for the cycling but for some things, like for yoga or stretching, it isn't the same because you miss those social settings. Seeing your friend next to you etc.," she wrote.

Ideally, Gardiner would love to purchase the Peloton bike in the future, but at this point she's satisfied with what her setup and her monthly subscription provides her, which include meditation sessions she takes before going to bed every night for a restful sleep.

The benefits, she says, have been obvious, but it has also provided the sense of community that has been lost due to the restrictions on social interactions and has also provided Gardiner with a motivation to start fitness journeys.

"They are in the best shape they have ever been mentally and physically. For many I think it's been an outlet within the pandemic to have that sense of community again. In the form of group riding and sharing classes and supporting each other's ride. I think overall the app is a good reminder to just start wherever you are in your fitness journey. And starting, leads to more pursuits because you feel motivated, so hiking much more and outdoor walks in between the rides has been my thing throughout the lockdowns," she wrote.

For the cyclist with racing aspirations or the racing kit to match the obsession with wattage and heart rate beats per minute, there is the online community of Zwift.

Like the virtual experiences provided by Esports – think simulators and realistic sport games, Zwift is more of a physical Esport. The Zwift experience offers three levels from compete for the competitive, whether that's the pro to the beginner; training that has a social component; and exploring, which includes collecting achievement badges. Unlike Peloton, which mimics the studio cycling environment, Zwift provides a level of replica-

see page 8

HALIBURTON HIGHLANDS HEALTH SERVICES
FOURCAST
PRHC Peterborough Regional Health Centre

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(RAPID ACCESS ADDICTION MEDICINE)

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The clinic is staffed by PRHC physicians and HHHS nurses, who work in partnership with FourCast and PARN-Your Community AIDS Resource Network to ensure clients are supported through the continuum of their care.

How to book an Appointment:

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Haliburton County RAAM Clinic occurs on Tuesday & Thursday for booked appointments

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GARDENS OF HALIBURTON

A convenient replacement for outdoor group riding during lock down

from page 7

tion of the outdoor experience, but also offers it's own virtual experience. For example, there are rides that are similar, but not the same like the famous mountain pass route Alpe d'Huez is called Alpe du Zwift within the Zwift world. There is also a mountain biking experience that was recently added. There are races, events, including free riding with other bot cyclists, who can learn your habits to ride with you and encourage you.

Started in 2014, Zwift was created by entrepreneurs and game developers who came from Los Angeles and London, England and were cycling enthusiasts. It debuted in 2015. There is a monthly cost of close to $20.

Users can opt for a conventional trainer – bike on a stationary setup. It's beneficial for the experience to have a heart rate monitor, cadence sensor and power meter. Serious users can use what is called a smart trainer with all the bells and whistles for the ultimate connection with the Zwift world.

The company has said they hope to offer hardware options like Peloton in the future, so that the start-up is easier.

With more than 3 million Zwift account holders in the world, who are pedalling their bicycles and training and racing routes made famous by cycling legends, it's a robust community of cyclists looking for a virtual experience to break records and meet personal goals. It was reported in the *Calgary Journal* that the app had experienced a 79 per cent increase last summer in July compared to the year before.

Robin Bell, 76, is a passionate cyclist with strong family roots, who leads an active lifestyle and first started in 2018

Haliburton's Kayla Gardiner has enjoyed her Peloton sessions, and said many of her friends, who motivated her to join the Peloton community, have experienced life changing results. /DARREN LUM Staff

with his inexpensive setup using various sensors to measure relevant information [cadence, distance and speed], relayed by bluetooth from the bicycle on his Tacx Flow trainer from the 1990s set in front of a television set.

Like most cyclists, the president of the local cycling club, the Haliburton Real Easy Ryders [HRER] didn't enjoy his time on the trainer before Zwift and had only used the trainer twice since he got it. After continuously speaking with friends and fellow members of the Kawartha Cycling Club [KCC], he decided to join the Zwift community with his equipment. Over the past two winters, it has been the main way he has stayed fit, he adds.

Bell said Zwift enables him the flexability to ride any time of the day

"Especially when before, even in early winter there were wet /windy days that the temp was ok for outside but I wouldn't go because of the wet/windy bit. It's convenient, takes less time for the whole ride and I can pick one of approximately 60 different rides in France, England, Austria, USA and a make-believe island in South Pacific called Watopia. When riding you can see other riders and there is a lot of socializing going on. Zwift has many different mass rides and actual races that you participate in and also a group of friends can plan a ride together on any of the routes. I do this twice per week with approximately13 friends from KCC and HRER [called Meetup]. You can choose an "open" ride [where the fast riders ride away from the slower ones] or you can have a "no drop" ride where the software keeps everyone together – we do the latter and use a software called Discord to speak to one another via our phones – we're more in touch than when we ride outdoors! For staying bike-fit in a Canadian winter, there's nothing like it! I could also Meetup and ride alongside friends who are riding Zwift in Ireland and Australia or even in BC."

Bell bought a smart trainer at the end of 2019, valued at more than a $1,000, but that investment has the benefit of an efficient virtual connection measuring data such as cadence and power to enhance the Zwift experience. He says it's more convenient and quieter than his previous setup, which required a variety of pieces of technical hardware.

Zwift offers an immersive experience, complete with all of the ups and downs of riding, but lacks the rush of speed without the wind, which leaves users sweating profusely without a fan and it simply can't replace the in-person interactions of the outdoor experience.

"It's not the same as face-to-face but what is these days. [It] can be harder on your seat since one stands up less than when outside. It uses internet and most internet in Haliburton is poor with all the extra demands from people who have moved up here to cottages," he wrote.

Bell recommends it to others and wishes more people from the area used it.

He said Zwift doesn't replace anything so much as add to his training, which can include participating in training programs to prepare for future long distance events such as a Gran Fondo.

Bell said he has noticed gains in his fitness this year and last year.

"Zwift helped me come into the season well ahead of my usual spring fitness level. I rode solo outside in 2020 and haven't yet ventured out this year, so it's hard to gauge myself against other riders," he wrote.

He adds he's seen measurable gains in being able to hold a higher speed and in his FTP, or Functional Threshold Power, of plus 20.

"On Zwift, since drafting [when riding is easier behind another person] is a part of it and there are a lot of events each week, it encourages you to push yourself along with learning the strategies involved in cycling such as drafting, when to push, how to sprint etc," he wrote.

Bell has appreciated the weekly rides and welcomes the interactions, but he acknowledges that it is not like the real thing.

"Although I'm happy with Zwift, I'm looking forward to riding outside again. I'd find it harder to ride 100 km on Zwift than on the roads outside, although my times would be better on Zwift [no wind and top speed on all corners]."

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County Life

"Growing up, when it was time for the first swim of the season, my sisters and I would race across the dock to be first in the lake. And right behind us was Taffy, always thinking we needed rescuing."
- Pat Williams, Eagle Lake

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Adele Barry
705-457-0306

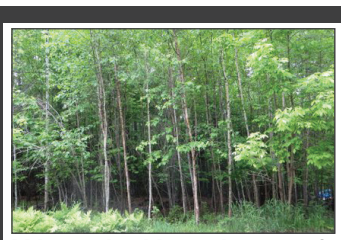
Little Redstone Lake $849,000

- Completely renovated 4 season cottage
- All new systems including septic
- Year round Municipal Road
- Close to Haliburton Forest

Dagmar Boettcher**
457-5968

Dark Lake $699,000

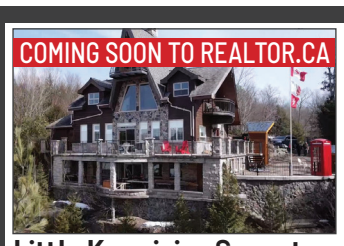
- 1426 s.f. stone home with attached garage
- 3 beds, 3 baths, studio/office, sunroom
- Hardwood floors, spacious century rooms
- Wet slip boathouse, in town location



Andy Campbell
854-0292

Wanted – I have buyers for

- Bush lots and hunting camps
- Waterfront cottages
- Rural homes



Gloria Carnochan* & Brean Budel*
754-1932

Little Kennisis -Sunset

- Architecturally Designed Post & Beam Structure
- 3 Bdrm , 3 Levels, 2 Fire PL, 4 Baths, Many Decks
- Playing Area, Lg Patio / Fire Pit, Deep Off Dock
- Granite, Flag Stone, Lg Beams, Deep Swimming

Mark Dennys*
457-0473

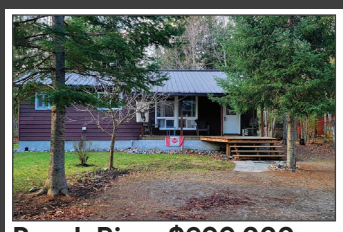
Ski Hill Chalet $1,195,500

- Apprx 152 Ft Rd Frtg, 1.05 Acres
- 1727 Sq Ft, 3 Bdm, 2 x 4 pc Bath
- 1120 SqFt Heated Grg
- Direct Sir Sam's Ski Hill Access

Tom Ecclestone*
286-2138 x 226

Kennisis Lake $1,699,000

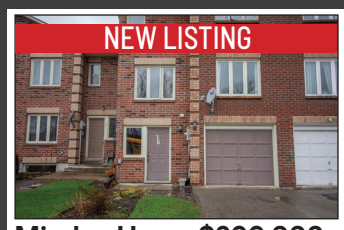
- Turn-key 2,700 SF waterfront home
- Open concept, 5 bedrooms, 3 baths
- 200+ FT on peaceful Paddy's Bay
- Premium Lake boating on Kennisis



Lindsay Elder**
457-5878

Beech River $699,000

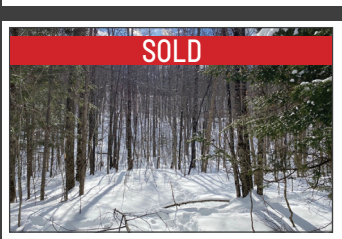
- Riverfront home in a lovely setting
- Nicely updated 3 bedroom, 2 bath
- Two finished levels of living space
- Good swimming, boat into Beech Lake



Andrew Hodgson**
286-2138 x 229

Minden Home $299,000

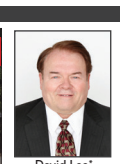
- Affordable home, full of potential
- Ideal as a starter home or for a family
- 3 bedrooms, 2 bath, 1 car garage
- Walking distance to Minden



Susanne James*
& Andy Mosher**
457-2128 x 133

Mink Rd.

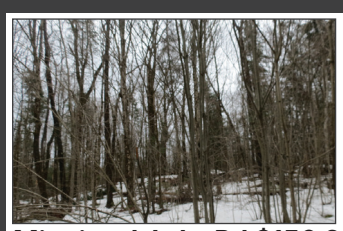
- Approx 1 acre, nicely forested, good privacy
- Close to public access to Long/Miskwabi Lake
- Year-round Municipal Road access
- Minutes to Haliburton Village

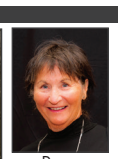


David Lee*
286-2138 x 227

Minden Home $199,000

- 2 bedroom home close to town.
- New Fap furnace. roof reshingled 3 yrs ago.
- Easy access needs some TLC.

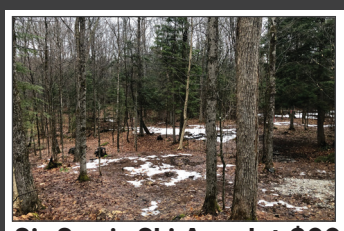




Donna McCallum*
455-2054

Minnicock Lake Rd $159,000

- 10 acres, nicely treed on yr round road,
- only 10 minutes from Haliburton



Brandon Nimigon***
457-2128 x 127

Sir Sam's Ski Area lot $99,000

- 2.2 acre lot, quiet country get-away
- Walking trails, creek, wildlife
- Seasonal road, off-grid

Karen Nimigon**
457-6505

South Lake $699,000

- 4 bdrm, furnished, yr round
- Cabana, Bunkie, deck lakeside
- 152 ft sandy shoreline, 1.22 acres

Kelly Kay*
705-457-6841
Kirsten Rae*
705-854-1454

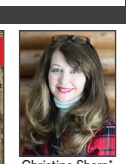
Stanhope Airport Rd $349,000

- 2 bedroom, 3 bath, 1215 sf
- Perfect starter or retirement home
- Many upgrades, low maintenance
- Central location, close to lake access

Darlene Reil*
447-2055

Wilberforce $379,000

- 3 bedroom home
- Private but yet walk to all amenities
- Level lot with double car garage



Christine Sharp*
705-489-9968

Long Lake Chalet $899,000

- 4 season
- Completely furnished
- 2 lake chain (6 km)

Greg Stamp*
457-2128 x 128

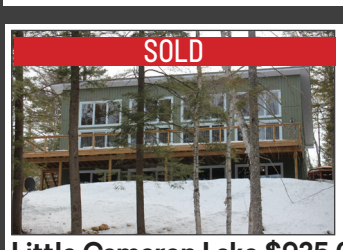
Lt Glamor Lake $349,000

- 189 FT frontage
- Shallow bay, ideal for canoe/kayak
- Crown Land borders north side
- Cottage needs repair

Melanie Vigrass*
286-2138 x 232

Minden Area Lot $93,500

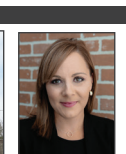
- 1.2 acres, 260 ft frontage
- 5 minutes to Minden, hardwood trees
- Close to Drag River access & many lakes



Tom Wilkinson*
286-2138 x 225

Little Cameron Lake $925,000

- Spectacular views from 14' wall of windows
- 182' waterfront
- Full walkout basement



Andrea Wilson**
705-457-6694

Wilberforce $599,000

- Picture perfect home with pool & hot tub
- 9 acres with trails

Kirby Keks*
705-457-2128
x138

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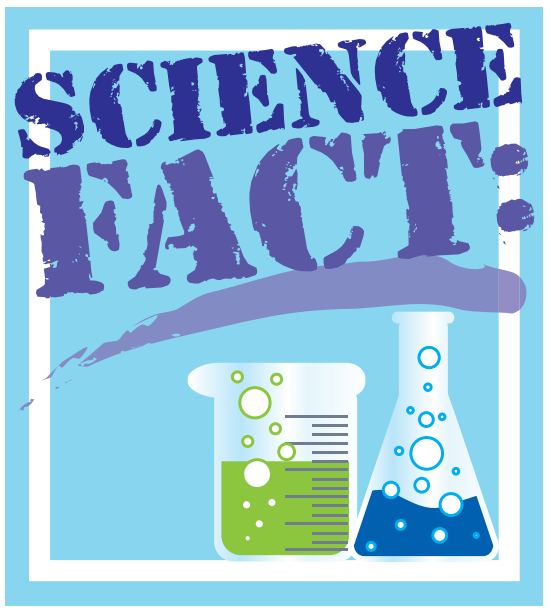
What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. Missing front reflector 2. Deer in flowers 3. Plane in sky 4. Missing bike pedal



THESE TYPES OF FLOWERS PROVIDE SHELTER AND FOOD FOR POLLINATORS, AND REQUIRE LESS WATERING AND MAINTENANCE.

ANSWER: WILDFLOWERS

CANADA HISTORY

2019

CANADA WITHDRAWS ITS PEACEKEEPING FORCES FROM MALI, A COUNTRY IN WEST AFRICA.

New word

ECOSYSTEM

a biological community of interacting organisms

How they SAY that in...

ENGLISH: Soil

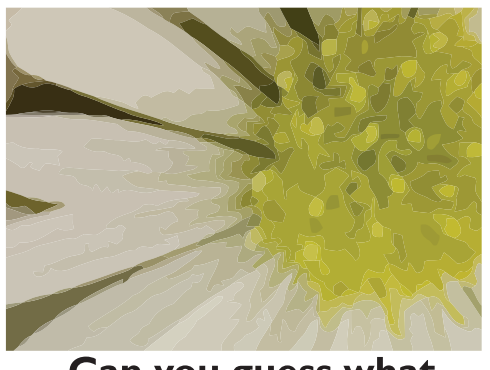
SPANISH: Tierra

ITALIAN: Terra

FRENCH: Sol

GERMAN: Erde

SOME WILDFLOWERS ARE INVASIVE, SO THEY MAY NEED TO BE KEPT SEPARATE FROM OTHER GARDEN BEDS AND PLANTINGS.



Can you guess what the bigger picture is?

ANSWER: FLOWER

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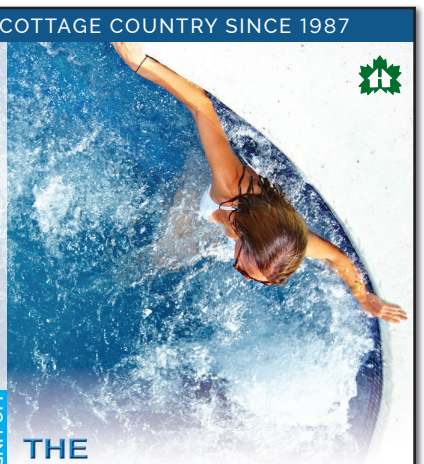

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CONTRACT CLEANER WORK. Summer only. We are hiring 3 cleaners for weekends ONLY during the summer. You must be a hardworking individual or team with a reliable vehicle. ***Contact: Shannon Jonas Custom Cottage Concierge 416-617-2523***

HYLAND ICE SUPPLY is looking for seasonal full time/part time Delivery Drivers. Class D preferred. Class G with experience. ***Please email info@hylandice.com or call 705-448-2973***.Competitive wages including bonus. Medical after 3 months.

HYLAND ICE SUPPLY is accepting applications for Drivers Helpers. ***Please email info@hylandice.com or call 705-448-2973***

LOCAL SUMMER CAMP is looking for seasonal cleaning and maintenance staff May - Oct. Student positions available July to end of Aug. Rates of pay up to $22/hr. Apply by email to ***rob@campnbb.com or call Camp Northland 705-754-2374***

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Must have license/transportation and clean abstract & work effectively in a team environment.

Email Resume to: kenterpriseshaliburton@gmail.com
705-457-9077

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Haliburton Lumber is accepting applications for the following:

Administration Position

We require an energetic individual who can contribute to our administration team. Candidates must have strong computer skills and be proficient in Microsoft Word and Quick Books. If you are motivated and enthusiastic please forward your cover letter and resume to:
arlene@haliburtonlumber.com

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Please contact ***Leanne at 705-927-5801***

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2020

Haliburton Highlands Family Health Team
Your Pathway to Good Health

The Haliburton Family Medical Centre and Minden Medical Centre are seeking a **temporary part-time Registered Practical Nurse.** The term of the contract will be six (6) months.
The successful candidate must have excellent organizational skills and be able to work in a fast paced environment. Active membership with RPNAO is mandatory. Previous experience working in a primary care medical clinic will be considered an asset.

The Haliburton Family Medical Centre and Minden Medical Centre are seeking a **temporary full-time Team Support (receptionist).** The term of the contract will be six (6) months.
The successful candidate must have excellent organizational skills and be able to work in a fast paced environment. Previous experience in the Health or Business Administration field will be considered an asset.

Please forward a cover letter and resume to the address below, or email kim.robinson@hhfht.com

Haliburton Family Medical Centre
7217 Gelert Road
P.O. Box 870
Haliburton, ON
K0M 1S0
Attention: Kim Robinson

Deadline for applications is April 30, 2021. Only those selected for an interview will be contacted.

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705-457-2754

Marcus Beach

Marcus Beach Cottage Owners Association
2459 Kashagawigamog Lake Road
Minden, Ontario K0M 2K0
manager@marcusbeachcottages.ca

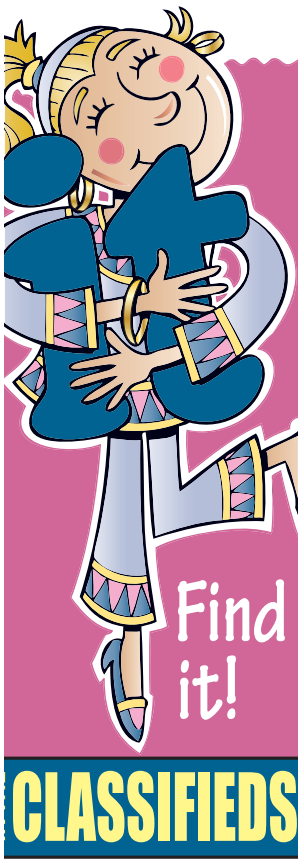
705 457 9600

Marcus Beach Fractional Ownership Cottages on Lake Kashagawigamog has a year-round full time maintenance position available. The position is ideal for an independent, self-motivated individual who has knowledge and skills to look after both indoor (19 cottages) and outdoor property maintenance. The successful candidate will be working closely with the property manager and the Association's Board of Directors

The successful candidate would have the following skills and background:
- Small Drinking Water Certificate
- Health & Safety Requirements
- Good physical condition to complete outdoor landscape work
- Water and Septic systems knowledge
- General indoor maintenance as required
- Good communication skills
- Identify preventive maintenance programs and recommend optimal plans

The position will be for 40 hours per week and with some on call emergency response when needed. The salary will be based on the successful applicant's skills and experience.

Please submit a resume by email to: manager@marcusbeachcottages.ca by Thursday, April 29th.



SIRCH community services

CHEF and FOOD SERVICES TRAINER WANTED

SIRCH Community Services, a charitable organization in Haliburton, has a year-round food services training program, a Community Kitchen that prepares and gives out free, nutritious meals, and a Bistro that is open to the public to give trainees practice in cooking and serving exemplary food. We are looking for a Chef with experience creating nutritious food who would love to mentor others and provide practical training to adult students. You would be working with our Kitchen Coordinator and other cooks, bakers, and trainees on site in Haliburton. It is a full time permanent position.

Send a cover letter and resume to Gena Robertson, Executive Director, SIRCH Community Services. **info@sirch.on.ca.** For further information call **705-457-1742** or go to **www.sirch.on.ca**

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Plus HST & Licensing

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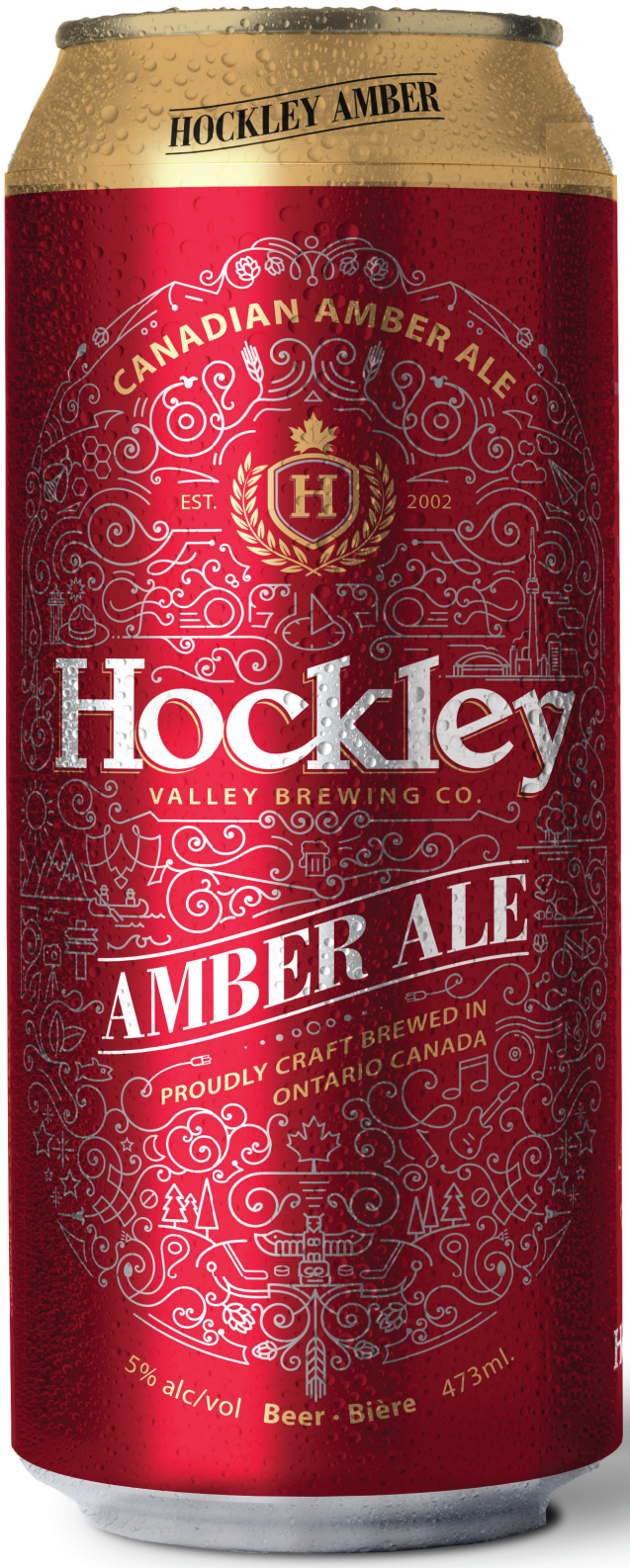

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THE HALIBURTON COUNTY ECHO
AND MINDEN RECORDER

Vol. 103 No. 29 Wednesday, April 24, 1985 'Voice of the Highlands' 54 pages 40 cents

Fearrey speaks out at campaign dinner

With praise for his campaign workers and strong words about the costs of Liberal Party promises, PC candidate Murray Fearrey basked in the warmth and good wishes of local supporters at a fund raising dinner in Haliburton on Friday night.

Fearrey, who was joined at the head table by environment minister Morley Kells, said it was "just great to be home" after the hectic pace of the campaign trail.

Fearrey said he began his campaign for the Victoria Haliburton seat with the support of many local people, but as the effort to unseat

'My task is to be honest' candidate says

Liberal incumbent John Eakins gains momentum, he has found loyal supporters in other parts of the **riding as well. He said he is particularly pleased with the help he as been getting from the Minden area, and from Larry McKnight, who was an unsuccessful candidate for the nomination.**

The Dysart reeve said he has had his "eyes opened up" by his travels throughout the riding in the past two weeks. Everywhere, he has heard concerns about the economy, youth unemployment, senior citizens' programs, small business, tourism, education, factory closings and lost government jobs. Frank Miller's Enterprise Ontario platform addresses these issues, Fearrey said, and provides an alternative "to put Ontario on an even stronger base."

Sixty percent of the jobs created in Canada in the past month were created in Ontario, and "I think we can be proud of that," Fearrey said.

He used the occasion to attack three specific Liberal proposals related to sport fishing, farming and bilingualism.

The Liberals say they will intensify fish stocking programs, but to fund it they would impose a resident angling license fee.

"We haven't had to do that have we Mr. Minister?" Fearrey said in an aside to Kells.

The Liberals also propose long term, low interest loans of up to $350,000 for farmers, apparently without any qualifications about experience or proven efficiency.

"How can we talk this way?" Fearrey said. Under the Liberal program people wanting to get into the farming industry could end up owing half a million dollars with no hope of meeting the payments, he said. "Is that really fair to our young people?"

Fearrey also said the Liberals are committed to the entrenchment of official bilingualism in Ontario. The Conservatives haven't done that and we wouldn't".

Fearrey said that throughout the campaign he has resisted pressure to use what he termed 'hype' in his speeches and discussions with voters.

"My task is to be honest," he said.

He concluded his remarks with a reference to the rural task force report prepared under incumbent John Eakins' chairmanship which claims the voice of rural Ontario is not being heard at the cabinet table. By winning the Victoria/Haliburton seat for the PC's "we can help solve that problem and assist the opposition in the implimentation of one of their key recommendations," Fearrey told supporters.

Ontario premier Frank Miller greeted supporters in Lindsay on Saturday as local campaign workers staged a barbeque and rally in support of the Murray Fearrey campaign. Fearrey, shown here greeting voters just behind Miller, advocated a major tourist attraction for the town in his speech.

Agriculture fuels debate

Candidates split on who should get low interest

Farmers in Victoria County got a chance to hear where the three local candidates stand on agricultural issues last Thursday night at an all candidates debate sponsored by the Victoria County federation of agriculture.

Incumbent John Eakins, PC candidate Murray Fearrey and NDP hopeful Art Field faced a battery of tough questions after brief opening statements, and while no clear winner emerged, the edge may have gone to Fearrey, who was well prepared and held firm on a number of controversial issues.

Eakins began his remarks to the 80 or so farmers by stating that he is "deeply committed to rural Ontario." He said the report of the rural task force he chaired symbolizes his concerns about the problems of rural Ontario and points out that there are no "quick and easy solutions."

The Liberal incumbent said the key to improving the economy of rural Ontario "is strong government policy to preserve the family farm", through capital assistance programs, changes to the tile drainage act, red meat stabilization and "an aggressive commitment to farm self-sufficiency".

Fearrey opened his remarks with an acknowledgement that his understanding of farm issues "is limited", but said he had heard the concerns of a great many farmers during his campaign swings through the riding.

The government's emphasis in the farming sector must be "to put existing, viable farms on a solid foundation", he said. To do this, it will merge two existing farm loan agencies into a single entity which will provide loans at 9½ percent to 4500 farmers over the next three years. As well, $2 million will be earmarked for research on crops not presently grown in Ontario, and a further $5 million will go to train young people for agricultural jobs.

Fearrey also said the Conservatives are committed to an agri-bond program if the federal government agrees to participate.

"Farming is probably the most efficient industry in Ontario" he said, adding that "it makes good sense to help the farming sector." However, loan programs should be directed only "at viable farms", he said, and prices must be allowed to reflect the cost of production.

Art Field also made no attempt to hide his lack of agricultural knowledge, saying that he "came to learn" from those involved in the industry.

Field said NDP policy is to allow food prices to reflect production costs plus "a reasonable return" for farmers. Credit charges would be pegged at two percent above the inflation rate, and banks would be compelled to loan money to farmers at the same rates charged to large corporations.

Legislation is needed "to mediate in negotiations between banks and farmers," Field said.

As well, the NDP believes support for agricultural research "should be in the forefront" of government policy.

Questions from the audience were directed to the candidates through a moderator who ensured that emotions were kept under control and no invectives were hurled.

The questions covered a wide range of topics from Hydro employees' right to strike to the importation of livestock. But it was on the issues of loan assistance to farmers, funding of Catholic schools and bilingualism that the debate challenged the candidates and pro-

Please turn to Page 3

Electorate well served ... page 4

The waters of the Gull River were fast and frigid over the weekend but that didn't stop canoeists and kayakers from several provinces from competing in the world team trials at the wild water preserve near Minden. Here a competitor attacks the course with determination. For more on events scheduled for this season, see page 6.

Miller adopts Liberal ideas

Conservative premier Frank Miller has adopted some of the proposals contained in John Eakins' rural task force report, according to Robert Drury, Eakins' press agent.

The report, made public for th first time two weeks ago, contains a number of recommendations which have become Liberal policy in the current campaign, but Conservatives also are showing an interest in it, Drury said.

Recent policy statements from Miller indicate that he agrees with the Liberal task force proposal to fully subsidize travel costs to southern Ontario for people needing medical services not available in the north. As well, Drury said, Miller has agreed with the concept of providing increased cash incentives to attract medical specialists to small communities in Northern Ontario.

Drury said he expects more recommendations from Eakins' task force report will be adopted by the PC's as the campaign intensifies.

Debate focus on education

Education policies and priorities are expected to be the main topic of an all candidates debate this Wednesday night in Lindsay. Teachers' federations in Victoria County have organized the debate, which will be held at Lindsay Collegiate and will begin at 7:30 p.m.

Educators throughout the province have voiced their opposition to the provincial government's plan to extend public funding to all separate school grades. The decision was announced by former Premier Bill Davis only weeks before his retirement, and has yet to be drafted into formal legislation. Despite the lack of public debate, funding is expected to begin this fall.

All three provincial party leaders have indicated they support the move, but none has so far explained the reasons for it.

The three candidates -- Liberal incumbent John Eakins, Conservative candidate Murray Fearrey and NDP hopeful Art Field, will make opening statements, then answer questions submitted in written form from the audience. A moderator will pose the questions and ensure that each candidate is given an equal chance to respond.

Local man named to Red Cross post

Ken Morley of Haliburton Lake, a long-time supporter of Red Cross and local branch president, was named vice president of the Ontario Division at the organization's annual meeting in Toronto recently. He also was presented with a certificate of merit for his work on the society's behalf. The certificate is awarded to individuals who have given voluntary service and whose interest and co operation have assisted the Red Cross in its humanitarian activities.

Mike Exall, consultant to the local Nordic Trails Association, received a citation for a special contribution to the Red Cross. He is chairman of first aid programs for Ontario Division.

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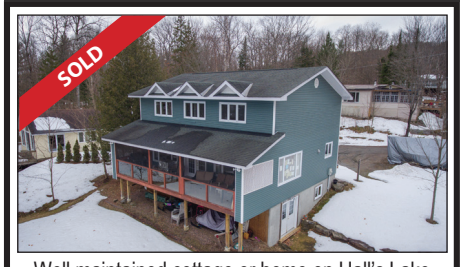
$689,000

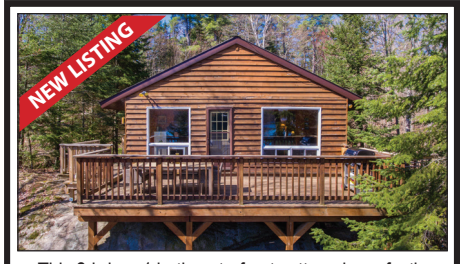


Well maintained cottage or home on Hall's Lake with gorgeous lake views. Lovely landscaped terraced lot with two cabins at water's edge. Main cottage features the first level with a large kitchen with wood cabinets, dining room & fantastic screened porch and cozy living room. Second floor has a huge master with ensuite, family room and additional bedroom. Unfinished basement with walkout for potential to fashion more living space. Detached carport.

BEECH LAKE
$659,000

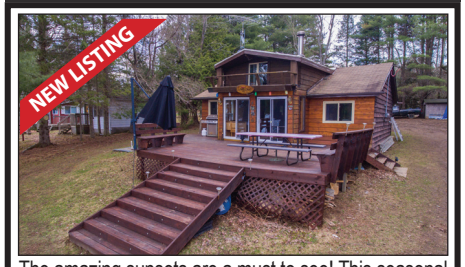
Get that "Lodge Like" feeling at this 3-bdrm, 1 bath, four season cottage. Octagon shaped open concept great room with exposed Douglas fir beams creates warmth and charm. Woodburning fireplace is the main focal point. The full-sized kitchen with island is great for entertaining. Western exposure provides fabulous sunset views. 131 feet of frontage with a mixture of sand and rock shoreline. Cantilever dock or in your shaded picnic area with hammock. Great waterfront privacy.

FARQUHAR LAKE
$599,900



This 2-bdrm, 1 bath waterfront cottage is perfectly nestled in a wooded lot and enjoys panoramic views of the shimmering lake.Sand bottom waterfront with 101 ft of frontage. Soak up the summer sun while on the cedar dock or on the lakeside lounging area. A bright open concept with vaulted ceiling. The recently updated kitchen is finished with white cabinetry, solid wood butcher block countertops and stainless steel appliances, with a walkout to the outdoor dining area with lake views. This stunning property is a rare find. It will be love at first sight!

KUSHOG LAKE
$569,000



The amazing sunsets are a must to see! This seasonal 3-bdrm cottage is perfectly situated on a large level lot with 98 feet of frontage on Kushog Lake. Incredible big waters view up the lake located in a quiet bay. Excellent sandy shoreline, great for building sandcastles with the kids later in the summer. Ample space for the whole family. Spacious kitchen finished with dark cabinetry and features a beautiful skylight. Large indoor dining combined with living room and games room. Private docking system and large sunny lakefront deck.

DRAG RIVER
$449,000

Bright and spacious 2-bdrm, 2 bath Viceroy home/ cottage. Pretty view with 155 feet of frontage on Drag River. Open concept kitchen and dining area and vaulted pine ceilings in the living room. Large river front deck. Spacious master bedroom with his and her closets. Unfinished walk-out lower level. Private riverside setting, great for canoeing, kayaking and swimming.

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Haliburton Lake Road
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